

PE + Plus Summer Camps Descriptions 2011

Dodgeball:

Grades: K- 4th and 5th – 12th

Teacher: Coach Kemp

Can you ever get enough dodgeball? Professional team Elimination players take dodgeball to a whole new level. Older students will be playing Elimination Dodgeball as well as some of the classics like: Snowball, Prison, Battleship, Dynamite, Bears and Bunnies & Spy Doctor. We will also do a small team tournament each day. The younger kids will be doing Doctor Dodgeball w/ scooters, Snowball, Battleship and the old favorite: Bears & Bunnies.

Edible Chemistry Lab:

Grades: 3rd-12th

Teachers: Marsha Brower, Debbie Kemp & Cynthia Jeub

*Hands on science! And **everything** will be edible! Students will be experimenting with chemical reactions and doing some contrast experiments that illustrate physical reactions as a point of comparison. The periodic table of elements will be discussed from the perspective of "edible." This camp will be a great commercial for high school chemistry as well as a great time for those who love to cook... or just eat!*

Fitness Test

Grades: 4th-12th

Teacher: Coach Dave Kemp

Using the Presidential Physical Fitness (a test started by President John F. Kennedy) we will run a pre test in May & a post test in August. The test will include sit ups, curl ups, pushups, flexed arm hang, pull-ups, flexibility test, sprint & coordination test and an endurance run. We will show students how to properly train for these tests during the pre test (and run the tests with them if they wish) and then run all the tests in August, passing out badges and certificates for all interested. This is a great way to show your students about testing, goal setting and training, as well as a way to introduce them to good exercises they can do on their own for the rest of their life!

Gymnastics:

Grades: All grade levels

Teacher: Coach Kemp (And all his enthusiastic assistants!)

In a great new facility, students will learn and practice basic level tumbling and explore basic skills on balance beam, floor, vault, climbing rope, parallel, uneven parallel bars, trampoline, and foam pit. Their experience will culminate in a live performance for their parents, family and friends.

Intermediate and Varsity Level Soccer:

Grades: 4th-12th

Teacher: Felix Vega (Felix, a homeschool dad, is coach to the very successful Denver Eagles soccer team.)

Felix Vega is coach of the Denver Eagles soccer team and his team was champion of their state league in 2008. (Eagle Sports is a home school, high school level, competitive sports league). Felix will teach the skill fundamentals, positioning and conditioning of soccer in a Godly and fun way with practice and game time in each session. Older beginners as well as intermediate level players are welcome at this camp.

Intro to Speech

Ages: 12-18

Teacher: Cynthia Jeub

This Speech opportunity will introduce all 10 Stoa formats for competitive speaking. The Jeub's will be giving their book Jeub's Guide to Speech and Debate to all participants, (a \$25 value). Students will be able to deliver an impromptu speech by the end of the week!

Intro to Debate

Ages:12-18

Teachers: Jesse Byrnes & Cynthia Jeub

Monumentum Debate Club will bring to PE+Plus an amazing opportunity to explore or improve in the area of competitive debate. This will be a crash course in the basic formats of debate as well as some role playing and practice with cross examination. The Jeub's will be giving their book Jeub's Guide to Speech and Debate to all participants,(a \$25 value).

Junior Speech

Ages: 8-11

Teacher: Cynthia Jeub

Students will be taught 4 different speech formats: humorous interpretation, dramatic interpretation, duo and expository. This class will be great preparation for the October Speech Tournament that includes these younger students or just be a good basic intro for their own homeschool classes. The Jeub's Guide to Speech and Debate (a \$25 value) will be offered as a free gift to each family.

Kids Play Games:

Grades: K-4th

Teacher: Deborah Vega (2008 Home School Graduate)

This will be a fun filled time with a variety of games ranging from Parachute to Chase/tag games to classic games such as Mother, May I?, Red Light- Green Light, Shoe Scramble, and more. Summertime and children go hand in hand with happy days of fun & laughter!

Old Fashioned Games:

Grades: K-4th

Teacher: Coach Kemp

Remember marbles, jacks, hopscotch, and Spud? "Old Fashioned Games" is an opportunity for your children to experience this piece of American history with time honored games of fun, skill and development. Your children will enjoy these and other childhood games of yesteryear taught by Coach.

Primary Age Soccer:

Grades: K-3rd

Teacher: Deborah Vega (Deborah has played high school soccer with the Denver Eagles soccer team as well as helped her father Coach Vega as an assistant coach.)

Students will learn how to dribble, pass, and shoot the ball. They will learn how to work as a team and have fun at the same time. We will discuss and practice proper position play for all positions, do some warm-ups with a soccer ball, as well as play a game of soccer each day

Sewing Class/ Pillowcase Nighties:

Grades: 7-18 years old - 10 and under Moms will need to stay to help their daughters unless an exception has been discussed. We plan to accomplish a lot in 2 days!)

Teacher: Debbie Kemp

*Prerequisite: **1 sewing machine** per maximum of 2 students. Please bring **1 spool of white thread, pins, needles, and a full size scissors** as well. Students must know how to completely thread their own machine.*

Have you seen the fun, trendy "pillowcase dresses?" We will be making "pillowcase nighties" and all girls will be sent home with instructions to then make a simple pillowcase on their own. These would make great gifts for friends, sisters, cousins and even moms! The girls will learn a variety of techniques as they complete their projects.

*Nightgown fabric and supplies are **included** with this class.*

Track:

Grades: 3rd-12th

Teacher: Coach Kemp

This is the sport I did and loved in high school. Students will explore most of the events of an American track meet and actually participate in one. Students will also learn the basics of stretching and the mechanics of running, jumping and throwing Events will include Hurdles, Long Jump, Relays, Dashes, Intermediate & Long Runs, Shot, Discus and Softball Throw.

Volleyball:

Grades: 5th -12th

Teacher: Coach Kemp

*What a fun social sport! Students will learn the basics skills of volleyball: serve, set, bump, spike, dig, dink as well as rules and proper volleyball etiquette in a fun way, practicing and playing games each day. **This is a great opportunity to learn volleyball for all of those summer picnics, parties, and barbeques!***

